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January 4-6, 2019
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The new year brings new possibilities to kick-start a healthy lifestyle. 4

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5 THINGS TO DO THIS WKND

WELCOME TO WKND

MOLLY GIVEN, PHILADELPHIA FEATURES EDITOR

It's 2019 and that means New Year's resolutions are in full swing. Getting healthy is a priority for many people when January rolls around, but the health kick sometimes falls to the wayside by February. Not this year: Our health guide will jump-start your healthy living in the city with different workouts, juices and more. Being an avid workout junkie, I am always looking for more ideas and routines to incorporate into my everyday life. Now I am all set (and you will be, too) to make 2019 the healthiest year ever.

GO BIRDS

1 The Miller Lite Eagles Playoff Party is the perfect way to watch the first playoff game against the Chicago Bears this Sunday, Jan. 6, at Xfinity Live! Kickoff is at 4:40 p.m., but the fun starts at 2 p.m. and goes all afternoon long.

FRIDAY FUN

2 Old City's First Friday series continues this Friday, Jan. 4, from 6-10 p.m. Various galleries, bars and restaurants will participate and celebrate the vibrant culture and artistic expression that the city has to offer.

'PURPLE RAIN'

3 The "Raspberry Beret" singer may be gone, but his legacy will live on forever, especially during this tribute show performed by Gabriel Sanchez and tribute band The Prince Experience at the Theatre of the Living Arts on Jan. 5 at 9 p.m.

GETTY IMAGES

FAMILY FUN

4 PECO's Free First Family Sunday takes place this Sunday, Jan. 6, from 10 a.m.-5 p.m. at The Barnes Foundation. The day will be filled with balloon animals, doodle art, murals and much more family-friendly activities.

PINKIES UP

5 Feeling fancy doesn't have to be hard; in fact, it can be delicious. Head to Fork on Jan. 5 from noon-3 p.m. to indulge in their afternoon tea chock-full of mini sandwiches, scones, chocolates, cookies and other sweet treats.

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Healthy and happy

Philadelphia has plenty of feel-good meals and events to start 2019 off right. MOLLY GIVEN

Rock climbing is the newest fitness craze. GETTY IMAGES

Square 1682

It's a new year, and that means a fresh start, it makes sense that most people make "getting healthy" their resolution. Everyone can use some TLC for their body and mind — whether it's hitting the gym, juicing, eating more greens, meditating or just starting to walk to work. Here are the best ways to stick to your New Year's resolution and get healthy in Philly.

Raw Juices at Square 1682
For the past few years, Square 1682 has offered delicious and healthy raw juices. Now, the Center City hotspot is offering 1/2 price juices to kick off the first week of the year. Delicious juices include Being Green (cucumber, celery, spinach, kale and lemon), The Beets Me (red beets, carrots ginger and cilantro) and the Daily Dose (pineapple, broccoli, bell pepper and melon.) The juices will be $4.50 instead of $9 until Jan. 7.
121 S. 17th St., square1682.com

Group Runs with Philadelphia Runner
This weekly running group is perfect for you if you are a bit nervous or you need to start training for a race like the Broad Street Run. There's nothing to be worried about; runners on all different levels participate. All events take place at different Philadelphia Runner locations throughout the city and are open to all. Find out the full schedule on the website.
Various locations, philadelphiarunner.com

CBD Smoothies at FUEL
CBD has been taking the city by storm, and plenty of smoke and wellness shops have been implementing CBD oils and edibles into their inventory. But the tastiest way to consume CBD is at Fuel with their CBD smoothies. Flavors include Green Dream (kale, ginger, pineapple, spinach, honey and 0.5 ml CBD oil), Berry Dream (strawberry, mango, apple, banana and 0.5 ml CBD oil) and Orange Dream (OJ, banana, vanilla, nonfat yogurt and 0.5 ml CBD oil). *Various locations, fuelrechargeyourself.com*

Yoga at the Horticulture Center
Yoga is a great way to meditate and destress, and practicing yoga in a beautiful environment like the Horticulture Center in Fairmount is even better. The class takes place every Sunday in January (more dates past this month will be announced soon), all classes take place from 1 p.m. to 2:30 p.m. and are great for experienced yogis. Classes are $15 and free for members of the Fairmount Park Conservancy. Just sign up online, bring a mat and water and you are all set.
100 N. Horticultural Dr., fairmountpark.ticketleap.com

Rock Climbing
Some people need more action-packed activities to stay fit. Rock climbing is the perfect way to sweat and get a great workout in while having fun. Philadelphians are in luck, there are five new rock climbing gyms around the city to keep you in shape including Philadelphia Rock Gyms. PRG's newest location in Fishtown has a lot to offer including top-rope and lead climbing, bouldering and plenty of other fitness equipment. There are also locations in East Falls and Wyncote and membership costs around $55 a month.
Various locations, philarockgym.com

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Oyster Bar offers fresh seafood selections daily. JASON VARNEY

Where to eat in Philly this weekend

The top picks for dining, drinking and enjoying.
MOLLY GIVEN

Philadelphia is home to plenty of amazing restaurants, bars and hotspots that have their own take on the culinary world. Discovering the best spots in the city is not the easiest feat, but we have some insight that may help you find your new favorite restaurant in Philadelphia.

Los Comaradas
This romantic, exquisite and unbelievably delicious spot is South Philly's best-kept secret. Voted to have the best nachos in Philly (the short rib nacho dish is to die for), this Mexican comfort-food restaurant has oh so much to offer. From the refreshing margaritas to the unique entree selections like the BBQ pork-belly guacamole (yes, you read that right) every dish is a hit and you will not be disappointed. As a delicious bonus, Los Comaradas brunch is top-notch as well, with plenty of savory and sweet dishes to knock your socks off including *tres leches* French toast and avocado and black-bean eggs Benedict. Plus, if you're a bloody Mary (or Maria) fan you will be more than pleased.
918 S. 22nd St., loscamaradas.com

Butcher Bar
Butcher Bar is conveniently located in Center City, and the menu is deliciously convenient as well. The hotspot specializes in comfort food with an indulgent meat selection boasting a vast variety of meatballs, sausages, delicious red meat cuts and much more. The whiskey-based cocktail selection is a refreshing bow to add on to any meal that seems like a gift when you taste all of the flavors and zest that the Center City spot has to offer. Butcher Bar is also open for lunch and brunch with delicious menu items that will leave you full and happy.
2034 Chestnut St., butcherbarphilly.com

Oyster House
Oyster House offers some of the freshest and most mouth-watering seafood dishes in Philadelphia. With its very own rotating raw bar and menu selection to help ensure that every dish is incredibly fresh (like lobster that was caught less than 24 hours before it's in front of you), it is easy to see why Oyster House has remained a top spot in the city. The beautiful atmosphere is wonderfully paired with the delicious menu offering local varieties from the mid-Atlantic up to New England and Canada. Oyster House also offers exceptional wines, American craft beers and classic-inspired cocktails to take your meal up a notch (if you even thought that was possible).
1516 Sansom St., oysterhousephilly.com

Bar Bombón
This tiny but beautiful spot is big on flavor and aesthetic with the plant-based menu and delightful atmosphere. The Center City spot adds its own flair on Puerto Rican cuisine by using only organic and non-GMO ingredients. Tasty dishes include sweet plantains, a selection of flavorful tacos, sweet coconut rice, fresh dips and much more. The drinks are indulgent and refreshing as well, all of the flavors of the cocktails are expertly crafted and made to please. Bar Bombón also offers up a unique brunch menu with appetizing dishes including strawberries and cream French toast, a breakfast scramble torta and much more.
133 S. 18th St, barbombon.com

NOORD
When you dine at NOORD you do not feel like you are in Philadelphia, instead the atmosphere and of course, the food transports you to Europe and takes the dining experience up to a whole new level. With appetizing dishes such as endive and apple salad, spiced lamb gratin, Keshi Yena (a delicacy from the Netherlands), Konijn in het Zuur and more, this South Philly hotspot has cemented its status as one of the top restaurants in the city. The brunch is also as authentic as the dinner with dishes such as Uitsmijter braised pork and melted gouda, deep-fried bread pudding French toast, gooseberry Wenteltefjes and much more.
1046 Tasker St., noordphilly.com

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Ruth Bader Ginsburg is a 'punk icon'

Felicity Jones and Mimi Leder talk "On the Basis of Sex."

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Felicity Jones plays the notorious RBG in "On the Basis of Sex." FOCUS FEATURES

Both Felicity Jones and director Mimi Leder instantly knew that they had to be involved in "On the Basis of Sex," the Ruth Bader Ginsburg biopic about her early struggles as a burgeoning lawyer and the groundbreaking tax case that changed her life and career.

"I responded immediately to the material," Jones tells Metro. "I had been looking for something like this for months and months after 'Rogue One.' I wanted to tell a story about career and ambition. But this was also about a phenomenal woman. It was the perfect story."

"I knew I had to make this movie. I also knew how to make this movie," adds Leder. "I just felt an instant kinship to Ruth, too."

Both Leder and Jones saw parallels between their own professional struggles in the movie industry and what Ginsburg had to endure after excelling at both Harvard and Columbia Law schools, only to be rejected by every New York City law job she applied for.

"I really empathized with Ruth being the outsider. I channeled that, as I have been the only woman on set. That was really helpful," notes Jones.

"Of course, this is on different levels, but we have both broken the glass ceilings in our industries for a lot of different generations to come," says Leder, who was the first female graduate of the AFI Conservatory. "I know what it is like to have doors slammed in my face."

But Leder stresses that she was also hugely attracted to the love story that is at the heart of the film.

"I also know what it is like to have a loving partner that supports me in every way. I really understood that," says Leder. "Discrimination is an injustice to us all. It is not just a woman's issue. We all need champions. We all need love in our lives. I wanted to show what love and family can bring to an individual."

Felicity Jones and Mimi Leder

For Ruth, that was her husband of 56 years, Marty Ginsburg, portrayed by Armie Hammer. The story of their love and the hardships that they had to endure and overcome are, frankly, so unbelievable that they couldn't have been scripted.

"Marty got testicular cancer at 25 when they were both at Harvard," explains Leder. "The survival rate was just 5 percent. She told him, 'We're not giving up!' She was a force."

"She took care of him. She went to her classes and his classes, did all of the studying for him so that he could continue on. And she took care of their child. I don't know anyone that could do all of that. She is a unique powerhouse of passion and will. She's a real icon for all of us."

Jones goes one further, calling Ginsburg "a punk icon."

"She didn't come from a privileged background, but she managed to change the system," says Jones. "She is a real fighter. And she did it all on her own terms, too."

"On the Basis of Sex" is now in theaters.

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Our top predictions for the 2019 Golden Globes

The Golden Globe Awards return Sunday on NBC. There's not a whole lot of time between now and then, so if you're looking to hedge your bets and make a few last-minute predictions, then consider our thoughts on who's most likely to win — and who's not.

TRAE PATTON/NBC

'Black Panther' isn't going to win much...
Marvel Studios has been pushing hard for "Black Panther"'s recognition by the various award bodies in the industry this past year. This is especially true of both the Oscars and the Golden Globes, and while the former's nominations haven't been announced yet, the latter's have. The result? Ryan Coogler's acclaimed blockbuster scored three nominations for Best Motion Picture (Drama), Best Original Score and Best Original Song. As great as this is, however, chances are "Black Panther" isn't going to win a single one.

...but 'A Star Is Born' is
Why? Because, at least in terms of the Best Motion Picture category, "Black Panther" is facing off against the likes of "BlacKkKlansman" and "If Beale Street Could Talk." It's also matched against Bradley Cooper and Lady Gaga's "A Star Is Born," the third remake of the original 1937 film and, despite this, one of the year's most acclaimed and popular films. Seeing as how music-heavy it is, "A Star Is Born" will likely beat "Black Panther" in the two categories they share nominations in. It will also undoubtedly earn trophies for Cooper, Gaga and the majority of its nominees.

Expect a lot of TV snubs
Newcomers like "Killing Eve" and" Barry" and returning favorites like "The Good Place" and "The Americans" scored various nominations. But what about "Atlanta," "BoJack Horseman" or "American Vandal"? The former was a huge favorite last year, but aside from Donald Glover's acting nod, the Globes gave little to "Atlanta." Animated series like "BoJack" are routinely ignored. As for "Vandal," despite the fact that its first season won a Peabody Award, It seems the Globes don't really care.

ANDREW HUSBAND

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4 Bowie Masquerade Ball
Jan. 4

The colorful ball is a part of the "Philly Loves Bowie" week. **10 p.m.- 2 a.m., Ruba Club, 416 Green St., $10**

5 'The Prince Experience'
Jan. 5

Re-live Prince's classics, including "Purple Rain." **9 p.m.-11 p.m., Theatre of Living Arts, 334 South St., $20**

6 Pennsylvania Bridal & Wedding Expo
Jan. 6

The most romantic expo is coming to Philly. **11 a.m., Pennsylvania Convention Center, 1101 Arch St., $5**

8 Spanish Wine Dinner
Jan. 8

Be transported to Spain with this multicourse dinner. **6:30 p.m.-8:30 p.m., Cerdo, 382 E. Elm St., Conshohocken, $65**

8 'Beautiful: The Carol King Musical'
Jan. 8

Listen to classic hits during the tribute show. **times vary, Academy of Music, 240 S. Broad St., $20-$149**

11 Greater Philadelphia Pet Show
Jan. 11

All animal lovers will love this pet show. **Times vary, Greater Philadelphia Expo Center, 100 Station Ave., Oaks, $5-$20**

Fun and unique things to do in Philly this month

11 Bibliococktails
Jan. 11

This event will feature a reading of his poetry as well as cocktails themed around his works. **6 p.m.-8 p.m., Art in the Age, 116 N. 3rd St., $25**

12 Winterfest Live
Jan. 12

Sample over 150 beers from 75 breweries, sit by firepits, play games and more. **1 p.m.-6 p.m., Xfinity Live!, 1100 Pattison Ave., $35-$50**

12 Masquerade on the Moshulu
Jan. 12

Attend a masquerade ball while on the gorgeous Moshulu. **9 p.m.-midnight, Moshulu, 401 S. Christopher Columbus Blvd., $70**

15 A$AP Rocky
Jan. 15

Rapper A$AP Rocky is coming to the City of Brotherly Love for his Injured Generation Tour. **8 p.m.-11 p.m., Liacouras Center, 1776 N. Broad St., $25+**

16 'Game of Thrones' Beer Tasting
Jan. 16

4 GOT beers will be sampled as well as 'GOT' scotch and more. **7:30 pm, Bainbridge St. Barrel House, 625 S. 6th St., $30**

17 Vikings: Beyond the Feast
Jan. 17

This Nordic meal will have tasty food and drinks. **6:30 pm- 8 pm, American Swedish Historical Museum, 1900 Pattison Ave., $58**

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Women's March on Philadelphia
Jan. 19

This powerful event will feature a march from Aviator Park to Eakin's Oval and a rally with speakers and performers.
10:30 am-1 pm, Benjamin Franklin Parkway, Philadelphia, free

Jesse McCartney
Jan. 19

All millenial girls will swoon over the "Leaving" singer when he brings his new music to Philadelphia.
8 p.m.-11 p.m., The Fillmore, 29 E. Allen St., $30-$150

Survivor Sunday Drag Queen Bingo Brunch
Jan. 20

Drag Queens, bingo, a virtual reality lounge and plenty of apocalyptic themed brunch foods sum up this unique event.
12 p.m.-3 p.m., Mad Rex, 1000 Frankford Ave., $4-$27

USBG Blind Spirits Tasting
Jan. 21

Blanco tequila fans, you're in luck: There will be five delicious tequila samples to try plus tasty snacks.
6 p.m.-9 p.m., Art in the Age, 116 N. 3rd St., Philadelphia, $25

Beer School 101
Jan. 22

This introductory course covers the history of beer, an overview of different styles plus samples and snacks.
7 p.m.- 8:30 p.m, Our House Culture Center, 6380 Germantown Ave., $20

Wu-Tang Clan
Jan. 24

The influential hip-hop group is coming to the City of Brotherly Love to perform old favorites from the past 25 years.
8:30 p.m.-12 a.m., Franklin Music Hall, 421 N. 7th St., $99

Dancing with the Stars: Live!
Jan. 26

The smash hit dance competition show is coming to Philly to bring all the tango, waltz and salsa the city can handle.
8 p.m., The Met Philly, 858 N. Broad St., $40-$125

Hands-on Pasta Class
Jan. 26

Join in on this interactive pasta making class where you will learn how to make your own carb-filled creation. **12 p.m., Amis Trattoria, 412 S 13th St., $125**

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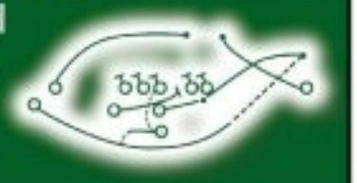
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Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Compass Self Storage reserves the right to refuse any bid. Sale is subject to adjournment.

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Unit# 2084 Avon Johnson	Unit# 6030 Maurice Hall	Unit# 8147 Terrill Clay
Unit# 2085 Cherell Barr	Unit# 6043 Baron Herder	Unit# 8186 Chrystal Shivers
Unit# 2100 William Williams	Unit# 6044 Quin Gilyard	Unit# 8208 Ronnie Russell
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Why you should recycle your Christmas tree in Philly

Think twice before leaving it on the curb.

SAM NEWHOUSE
sam.newhouse@metro.us

2019 is here, but as you welcome in the new year, think twice about how you toss out your old Christmas tree.

Across Philadelphia, old Christmas trees are piling up on sidewalks and curbs in anticipation of being picked up by Philly's trash collectors. And sure, that's one way to get rid of the tree that made your child's eyes sparkle as they caroled "Jingle Bells."

But your kids would probably cry if they knew what happened to that Fraser fir once it is picked up by the garbage truck — destined for landfills with the rest of the trash, where it will add to Philly's carbon footprint.

Other cities like New York offer curbside pick-up programs that take the Christmas tree from your street and mulch it. But in Philly, you have to bring it to a special recycling center yourself, and there's only a limited time window in which to do it.

Philadelphia's Christmas Tree Recycling Program, which runs through Jan. 12, will be accepting trees from residents at the Streets Department's six sanitation convenience centers, and on the next two Saturdays, Jan. 5 and Jan. 12, at 23 additional locations.

"By diverting tons and tons of valuable recyclable materials from the landfill, you're helping the city reach its 90 percent zero waste and litter-free goal and making Philly more sustainable for all," the Streets Department said.

According to some environmentalists, trees should never be disposed of in landfills, because if they are buried in a pile of trash, they will end up causing the most environmental harm possible.

Mired in muck, trees decaying in a deoxygenated atmosphere will convert the carbon the tree has sucked out of the atmosphere into methane, an even more harmful greenhouse gas that will eventually leech back into the atmosphere, experts say. Methane gas is reputedly 21 times more harmful to the atmosphere than carbon dioxide over a century.

If you do toss your tree in a landfill, try to place it on the surface and exposed to the atmosphere where it can at least decay as carbon dioxide, a less dangerous gas. Burning the trees will have the same effect of releasing the net carbon it has consumed over its life span.

Dumping a Christmas tree in a landfill may not be worse than driving an SUV, but if you are looking to lessen your environmental impact, ditching the tree on the curb is definitely not the way to go.

So what's a better alternative? Recycling the tree by composting it or turning it into mulch. By preserving the woody structure of the tree, carbon is retained in plant form, not released back into the atmosphere. It can also be reused to grow new plant life in a community garden.

Trees recycled at the Streets Department will be sent to a vendor who chips them into a bulking agent for mulch. To recycle your tree, it must be free of decorations and ornaments and not tied up.

Where to recycle

You can recycle your tree in Philadelphia by dropping it off through Jan. 12 at the following six locations:

- 3901 N. Delaware Ave.
- 2601 W. Glenwood Ave.
- 3033 S. 63rd St.
- Domino Lane and Umbria Street
- State Road and Ashburner Street

To find a Saturday drop-off location near you, visit philadelphiastreets.com/holiday. For questions about the Christmas Tree Recycling Program, contact the Customer Affairs Unit at 215-686-5560, or call 311.

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3 Things to watch for in NFC Wild Card Game: Eagles vs. Bears

The defending Super Bowl champs get a chance to defend their title against the Chicago Bears on Sunday.

JOVAN ALFORD
jovan.alford@metro.us

The Philadelphia Eagles are looking to extend their season for another week on Sunday (4:40 p.m. ET, NBC) when they take on the NFC North champion Chicago Bears at Soldier Field in the NFC Wild Card game.

The Eagles were able to get into the playoffs thanks partly to the Bears. Heading into the final week of the 2018 NFL regular season, the defending Super Bowl champs needed to beat Washington, while the Minnesota Vikings needed to lose to the Bears.

Luckily enough, both of those things happened as the Eagles shut out Washington, 24-0, and the Vikings lost 24-10 at home.

No one thought that the Eagles would get into the tournament after disastrous losses to both the New Orleans Saints (Week 11) and Dallas Cowboys (Week 14). But to their credit, they did not quit and won five of their last six games to end the season.

Now, the defending Super Bowl champs get a chance to not only defend their title but also do it against one of the league's best defenses.

Here are three things to watch for in this Wild Card Round matchup.

GETTY IMAGES

PROTECT NICK FOLES

Over the last three weeks, the Eagles' offensive line has done a good job of protecting quarterback Nick Foles. Against the likes of Aaron Donald, Ndamukong Suh, J.J. Watt, Jadeveon Clowney, and Ryan Kerrigan, the o-line has only allowed a grand total of four sacks.

However, they will need to replicate this same type of performance against a Bears' defense, which is fourth in the NFL in sacks (50). And not to mention, they got a guy named Khalil Mack, who gives opposing quarterbacks nightmares.

Eagles offensive coordinator Mike Groh understands the pressure that the line is up against — in particular, tackles Lane Johnson and Jason Peters — but knows they will be ready.

"They're obviously a huge part of what we do. J.P. and Lane have been doing it at a high level for a really long time," he said. "They are one of the big reasons for the success we've had. Every team can't sit here and say that they have two bookend tackles like that.

"Those guys usually rise to the challenge," Groh added. "They look forward to these kinds of opportunities to play against the very best."

Johnson and Peters will have to be at their best on Sunday as Foles is dealing with bruised ribs.

COMMIT TO THE RUNNING GAME

If the Eagles want to have a chance to win on Sunday, it starts with establishing the running game. In their last three games, Philadelphia has averaged 99 yards per game on the ground, which is really good considering they are without both Jay Ajayi and Corey Clement.

But they are going up against one of the league's toughest run defenses in Chicago, which is only giving up 80 yards per game this season.

While it sounds like a daunting task for the Eagles, if there is a saving grace, it is that Chicago is 1-3 when they allow over 100 rushing yards. This means that head coach Doug Pederson and offensive coordinator Mike Groh should give the Bears a steady dose of Josh Adams, Wendell Smallwood and Darren Sproles.

FORCE TRUBISKY INTO MISTAKES

Mark it down right now: If the Eagles defense can turn over Bears quarterback Mitch Trubisky at least once, then they will be in the driver's seat to win the game.

Down the stretch, the defense has done a great job of racking up sacks and quarterback hits, but also takeaways. In their last six games, Philly's misfit defense has come up with 10 takeaways, including six against the Cowboys and L.A. Rams.

The Eagles will need Fletcher Cox and Michael Bennett to apply pressure to Trubisky, who has thrown six interceptions on first down, and hopefully force him to get rid of the ball before he wants to.

Foles facing 'extremely talented defense' in Chicago

The Eagles offense, under the stewardship of quarterback Nick Foles, finished the last three games of the regular season against the Rams, Texans — both teams that qualified for the playoffs — and the dismal Redskins by scoring a combined 86 points and racking up an impressive 1,280 total yards as the team rallied to qualify for the playoffs on the final day of the regular season by the skin of their teeth.

However, Foles and Co. will have their work cut out for them to maintain those gaudy numbers on Sunday in Chicago for their NFC wild card matchup.

Under first-year coach Matt Nagy, the Bears own one of the best defenses in the NFL and allowed the fewest points (17.7) and rushing yards (80) in the league and led the NFC in total yards allowed (299).

The reigning Super Bowl MVP has noticed.

"They're an extremely talented defense," said Foles. "I'm really impressed with what I see … what I see from their front, from their secondary, [and] from their linebackers."

The Bears also ranked first this year in takeaways with 37, including 19 of 27 interceptions by their defensive backs. Paced by All-Pro Khalil Mack, their defensive line wreaked havoc on quarterbacks and recorded 50 sacks, which was third in the league, and shut down most running attacks.

The turnover and sack numbers are cause-and-effect statistics in football. The front seven brings pressure and either gets to the quarterback or forces him to make haste, and most often poor, decisions.

"We know they have a lot of guys over there that can make it hard on you," offensive coordinator Mike Groh said. "We have to do a really good job on those guys so they don't wreck the game."

The key for Foles is to get rid of the football fast, but also to make smart reads on his throws.

ERIC GOLDSTEIN

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MetroBet Wild Card Round: Bye-bye, Birds

COLTS AT TEXANS (-2)

Moneyline: Colts +105, Texans -125
Betting Total: 47.5 points
Time (Eastern), TV: Saturday, 4:35 p.m., ESPN

The Colts won the most recent of two meetings this year between the clubs, beating Houston on the road in Week 14, 24-21. That result ended one of the least-inspiring nine-game win streaks in NFL history. The Texans limped to the finish, splitting their last four games. After that defeat to the Colts, they beat the Jets by just one score before losing to the Eagles and finishing off a demoralized Jaguars squad.

Team defense was an underrated part of the Colts' late-season push, as they concluded the year 10th in points per game allowed (21.5). They should be able to contain Deshaun Watson and Co., who were only 17th in yards per play, even after the mid-season addition of Demaryius Thomas.

Another unit that excelled for Indy was their offensive line, which surrendered the fewest sacks in the league this season.

Luck won't have to fear J.J. Watt and the rest of the Texans' pass rush and can pick apart Houston's 28th-ranked secondary.

At 9-1 straight-up and 6-3-1 against the spread in their last 10 games, the Colts are tough to want to bet against right now.

Prediction: Colts win, 24-20
The play: Colts +2

SEAHAWKS AT COWBOYS (-1.5)

Moneyline: Seahawks -105, Cowboys -115
Betting Total: 43.5 points
Time (Eastern), TV: Saturday, 8:15 p.m., FOX

Expect the Cowboys to avenge their September defeat to the Seahawks when these clubs collide at AT&T Stadium.

Dallas labored through a 24-13 defeat when these teams met in Week 3, but that game was Seattle's home opener. Not only has the venue changed, but the Cowboys have clearly turned their season around. They've won seven of their last eight games (6-1-1 against the spread).

However, it should be Ezekiel Elliott that leads the way to a Dallas victory. The Cowboys were 10th in rushing yards this season, and the Seahawks were 30th in yards per rush allowed.

It bears repeating that this game is taking place in Arlington, Texas, where the Cowboys were 7-1 this

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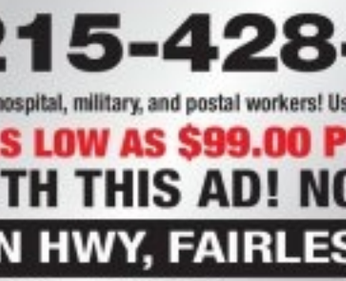
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Mitch Trubisky and the Bears are favored over the Eagles. REUTERS

season. Seattle was mediocre on the road, as usual, playing to a 4-4 record.
Prediction: Cowboys win, 23-17
The play: Cowboys -1.5

CHARGERS AT RAVENS (-2.5)

Moneyline: Chargers +125, Ravens -145
Betting Total: 41.5 points
Time (Eastern), TV: Sunday, 1:05 p.m., CBS

The Chargers were road warriors in 2018, going 7-1 straight-up and against the spread.

A big reason for that success is L.A.'s ground game, as Charger running backs accounted for over 19 additional yards per tilt on the road compared to their overall numbers. So the news that Melvin Gordon practiced in full on Wednesday and is "ready to go" for Sunday was especially good for the Chargers.
Prediction: Chargers win, 24-20
The play: Chargers to win +125

EAGLES AT BEARS (-5.5)

Moneyline: Eagles +205, Bears -245
Betting Total: 41 points
Time (Eastern), TV: Sunday, 4:40 p.m., NBC

The final game of Wild Card weekend looks like the biggest mismatch on paper, as the Philadelphia Eagles, who owe the Bears a favor after Chicago knocked Minnesota out of the playoffs for them in Week 17, will travel to Soldier Field to take on those same Bears.

In fairness to Philly, they carry plenty of momentum heading into the postseason, as they've won three straight since Nick Foles, as he did last year, came to the rescue after a Carson Wentz injury.

Per Oddsshark.com, the Eagles have averaged nearly 70 more yards per game with Foles, and just over a full touchdown more per game, albeit the sample size is small.

However, the Bears went 7-1 straight-up and against the spread at Soldier Field this year, with the lone loss coming to the Patriots. They wreaked havoc on opposing offenses, ranking first in points per game allowed and INTs. Mitchell Trubisky isn't known as a big deep-ball threat, but even he should be able to exploit the Eagles' 30th-rated pass defense.
Prediction: Bears win, 28-13
The play: Bears -5.5

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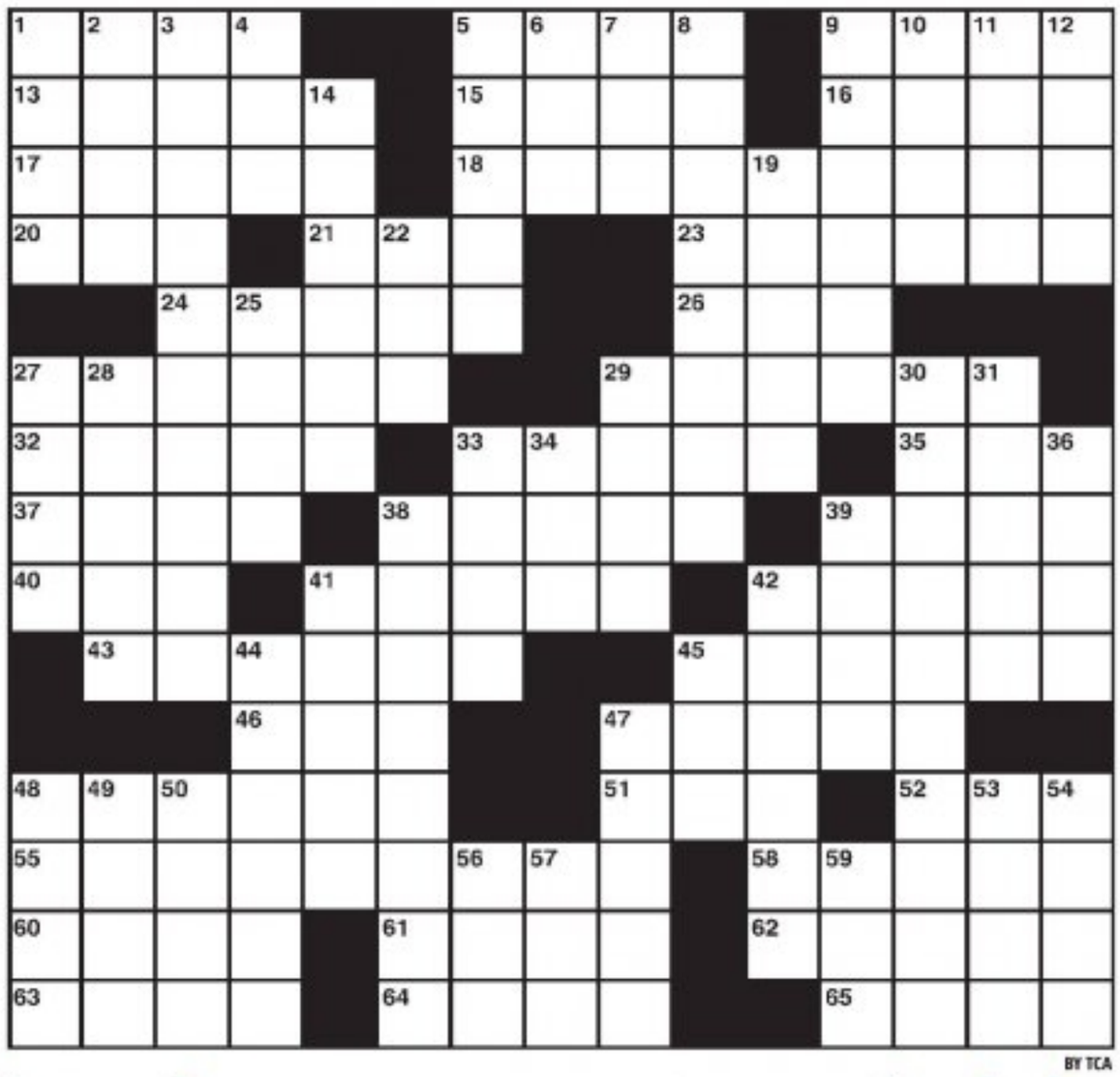

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45 Close relation
46 Mimic
47 WA's Puget __
48 Astute
51 Apex
52 Flow back
55 Helper
58 Bert's pal
60 Cheese with a white coating
61 __ polish; manicurist's bottle
62 Boulders
63 Collections
64 Monopoly or mah-jongg
65 Buzzers

DOWN

1 12/24 & 12/31
2 Mr. Disney
3 Stretchiness
4 Command to Fido
5 Pile up
6 __ none; without exception
7 American __; ND's state tree
8 Coast
9 Like sweater weather
10 Lounge about
11 Competent enough
12 Entryway
14 Insist on
19 Passed out cards
22 Get __ of; shed
25 Pay attention to
27 Caramel-topped custard
28 Come apart
29 Compassion
30 Took __ over; outranked
31 Hell's ruler
33 Girls' nicknames
34 That fellow
36 Breathe heavily
38 __ at; looking down on
39 Swiss capital
41 Force out
42 Poor person
44 Sea forces
45 Hawaiian food
47 In __; fashionable
48 Hired vehicles
49 Attract; tempt
50 Way out
53 Two-wheeler
54 20th-century First Lady
56 Small battery
57 Curved edge
59 Steal from

metro.us/wordsearch

A	L	L	E	R	E	D	N	I	C
G	R	I	M	M	O	Y	I	L	I
N	J	A	C	O	B	N	P	I	S
I	H	A	N	S	E	L	J	T	L
D	Y	T	U	A	E	B	T	T	E
I	M	P	W	T	U	D	A	L	E
R	D	E	R	H	D	H	L	E	P
F	A	I	R	Y	I	O	E	V	I
P	S	N	O	W	I	T	O	M	N
S	L	E	T	E	R	G	E	H	G

Beauty
Cinderella
Fairy
Gretel
Grimm
Hansel
Hood
Jacob
Little
Red
Riding
Sleeping
Snow
Tale
White

metro.us/wander

Category: Music Mixups

D	A	A	R	
A	E	P	T	Y
Y	H	T	E	F
I	N	F	O	I
	T	H	E	L

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

		4			2			
	3	1		5			2	
6	8							3
		9		1	8	4		6
	2			3			1	
4		3	5	6		2		
1							5	4
	9			4		1	8	
			1			3		

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S	N	I	P		S	C	R	A	P		G	R	A	B
L	O	N	E		P	H	A	S	E		R	O	L	E
O	N	C	E		L	I	G	H	T	H	O	U	S	E
B	O	O		A	I	L	S			A	C	T	O	R
		H	A	U	T	E			H	I	E			
S	P	E	C	K	S			H	O	R	R	I	D	
W	A	R	E	S		L	O	U	S	Y		L	O	W
A	G	E	S		J	A	N	E	T		B	L	U	E
M	E	N		J	A	N	E	S		H	O	U	S	E
	S	T	R	U	C	K			R	O	A	M	E	D
			E	L	K			C	A	P	R	I		
G	A	F	F	E			R	A	C	E		N	B	A
I	L	L	U	S	T	R	A	T	E		E	A	R	L
F	L	A	T		A	U	G	E	R		S	T	E	P
T	Y	K	E		P	E	E	R	S		S	E	W	S

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